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“New ‘Hellboy’ is darker and more violent” DAVID HARBOUR

Eleven years after the premiere of “Hellboy II: The Golden Army,” the demon and antihero returns to movie theaters with a completely revamped saga. This time it is directed by Neil Marshall and stars David Harbour, whom we know as police chief Jim Hopper of the Netflix series “Stranger Things.” Harbour chatted with Metro about how much he enjoyed playing Hellboy. DANIEL CASILLAS MWN



How do you feel about being a superhero?

I feel like this one is cool. I don't feel all superheroes have my back, but this guy is very complicated. He's got issues, he's an outcast, kind of weirdo. I can't even tell if he is doing the right thing or not, so it's a lot of fun to play him.

It seems that you are a fan of Hellboy.

Yeah! I was a fan of the comics in my 20s, of the graphic novels, also fan of the movies when they came out. And I am still a fan after playing it [laughs]. I really like “Hellboy.” I mean, in the comics it's so beautifully drawn and illustrated. The story itself is about a guy who is genetically predetermined or destined to end the world, but just wants to be a good guy who solves paranormal crimes. It's just a fun story.

Did you do any physical preparation to play Hellboy?

Yeah! I did a lot of training with Don Saladino—he is great. We did a lot of working out, a lot of heavy weightlifting and power lifting. I wanted to get very strong and wanted to feel what that was like. This is not my particular body [points at “Hellboy” image]; that's a prosthetic. But I did want to feel that power, and it was interesting. I think our bodies affect us so much, they affect our mind-set so much. And there is a kind of brutality of living that way, lifting this heavy weight, testosterone... Chemically that almost happened to me.

Tell us more about the makeup process. Was it difficult?

Yes, it was initially. But then it started to get really fun. Like I

started to... fetishize and get really excited about getting into the makeup chair. It started out as three hours in a chair in the morning. It was hard, hellish. And then as the

shooting went on I started to miss his face, and in the morning I wouldn't feel complete. So I go in and I put on the face and the whole thing, and I look in the mirror after I

“He's [Hellboy] got issues, he's an outcast, kind of weirdo. I can't even tell if he is doing the right thing or not, so it's a lot of fun to play him.”



GETTY IMAGES

was done—and I feel that I was myself again. It was a weird sort of thing. And as the shoot went on, I liked more and more.

Why should “Hellboy” fans watch this film?

Because it's “Hellboy!” It is a superfun movie, it's dark, it's violent. Hellboy is younger and kind of more angsty I would say. And it has, of course, differences from

the comic. We play with certain relationships, and certain ideas... differently. ... If you are fan of the comics, I would say that it is very fun to watch. It's just a really fun movie. If you are fan of “Hellboy” you have to go see it. And even if you are not, if you know nothing about “Hellboy”—it's a fun and exciting movie. I really enjoyed it.

What differences do you see between this new saga and the old one?

For me, the new saga is a bit darker in its color scheme and in tone in general. It is a little bit more violent in terms of the world where Hellboy exists. And also it's a bit younger, it's sort of... not a prequel, but he is younger in his personality as well, like a teenager. So in that way I think it is different. It is still the same Hellboy character; he still uses his humor when he is uncomfortable or when he needs it. He is angry. But I just think he

is different, it's hard for me to compare. It's the same character, but it's like seeing two versions. Look, I am a fan of the theater, so I've seen probably 20 productions of “Hamlet” with different Hamlets. And the thing about a character like Hamlet is that it is so big that you can't do it all in one pass, one person. And the interesting thing about Hellboy too, is that it is very big, so each actor and each director would highlight different aspects of the story. And so ours was in more darker tones with internal struggles. So, it's interesting, it's different.

Should we expect “Hellboy 2”?

Oh, not yet. You should not expect it [laughs]. I mean take it one step at a time, let people enjoy it. I think we'd be happy to continue it, but we are taking one movie at a time. And I just want people to enjoy this movie and we'll see what the future holds.

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Metro's picks for Record Store Day 2019



PAT KING
patrick.king@metro.us

This Saturday, lines will be forming early in the morning at independent record stores all over the world in order to participate in Record Store Day 2019. Originally started in 2008 as a way to bring in more customers to smaller non-chain stores, the occasion has morphed into a highly anticipated event that sees the release of special, limited-edition vinyl pressings from both obscure and some of the most widely known names in music.

These titles could be both reissues of classic albums that had previously been out of print, brand-new releases, and even kitschy fun releases like the new 3-inch singles being put out by Jack White's Third Man Records. The music nerd's holiday generally picks a famous musician



Wayne Coyne of The Flaming Lips performs onstage at Pitchfork And October Present Octfest 2018. GETTY IMAGES

as its "ambassador" and this year Record Store Day has chosen Pearl Jam to take up the mantle.

"Independent record stores are hugely important to me, and have been ever since I was 12 years old," said Pearl Jam lead guitarist Mike McCready in a release. "Before I even really knew what they were — there was a certain feeling of 'this is a dream come true,' and it's a wonderland and there's so much to learn in here... and it's

still that way." To mark the occasion, the band will be joining on the fun and releasing an official live release of their 2005 performance at the small Seattle venue Easy Street.

While any music fan will be running the risk of ridicule by releasing their list of picks to the public, we at Metro (yours truly) thought it would be a good idea to run through all of the hundreds of selections available and give you our picks of some of the

best releases you can find only on Record Store Day 2019.

Jeff Tweedy — "WARMER"

Right on the heels of last year's amazing "WARM," Wilco frontman Jeff Tweedy is releasing his second album of new material strictly under his own name this weekend. With the first single "Family Ghost" taking on similar themes to last year's intensely personal record — which

if you haven't heard it, drop this paper and go get it — expect this to be another amazing entry from one of the great living songwriters.

Frank Black —

"Teenager of the Year"

Pixies frontman Frank Black — or Black Francis — has always had a pretty big shadow to outrun when it comes to releasing his own solo records. But his 1994 album "Teenager of the Year" is just as good as anything he ever released in Pixies glory days.

DEVO —

"This is the Devo Box"

Is there another band that is so singular unto themselves than DEVO? Well, you could probably say "Weird" Al Yankovic. But, I digress. The legendary art-punks will be releasing their first 6 albums on Warner Brothers in a big box set for Record Store Day this year with each record pressed on different colors.

The Flaming Lips —

"King's Mouth: Music and Songs"

The world's most fearless freaks The Flaming Lips will be releasing their brand new album "Kings Mouth: Music and Songs" on Record Store Day ahead of its wider release in July. Little is known about the album except that it will include 12 new songs with narration by the Clash's Mick Jones. The album will also be pressed on gold vinyl.

Weezer —

"Dusty Gems and Raw Nuggets: The B-Sides"

While Weezer fans don't have to look very far for new material these days, fans of the older records — real fans — should be jumping for joy with this new compilation of B-sides from throughout their career. The set will include some of the band's lost non-album tracks as well as some early demos of some of their most beloved classics. And, all on blue vinyl to boot!

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Serum therapy: Liquids to improve well-being

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LANCHEROS MWN

Although serum has been used to treat specific diseases and side effects in a personalized way, several health centers and alternative medicine uses them to improve well-being and quality of life. To learn more, Metro chatted with Marisol Duque, surgeon and specialist in homotoxicology, neural therapy, naturopathy, biological fertility, bioregenerative medicine, anti-aging and aesthetics.

How is serum therapy used?

The serum therapy can be used for hydration of patients, or when taking liquids with electrolytes. It can also be applied with certain medications. But using biological serums to improve well-being is a new concept. It is used a lot within alternative medicine. Serum, that includes vitamins, antioxidants, minerals, and some homeopathies, is not addictive or harmful. Patients who have undergone chemotherapies and strong degenerative diseases could use them.

How safe is that?

It is necessary to

clarify that the serum therapy should only be done under supervision of a professional. You have to know how metabolisms work in the system, the replacement of deficiencies of minerals, vitamins, and antioxidants. It is about finding an equilibrium and integral functioning of the organs with each other, also of the hormonal system and nutrition system.

What benefits does it bring?

What we first want to achieve with it is obviously a hydration, its improvement, since people today do not get enough fluids. Serums could also help people who do not clean themselves, desintoxicate, as well as solve hair-loss problems and eating disorders.

But it's not a magic formula?

I say that if you are an overweight patient, it won't be so easy or so quick to modify. But, for example, if we learn our body and understand how the metabolism works, you will be able to eat anything. At first I tell patients that in order to normalize hormonal functions, the ideal is to stop consuming flours while that happens. Include them in minimal ways until they learn to

"It's not a magic formula. Organism is just getting what it needs."



Dr. Marisol Duque. PROVIDED

know how to eat everything without dieting. The universal toxic foods which I always recommend not to consume include canned food, sausages rich in sodium, red meat. ... Serum activates the metabolism. I want to make it clear that it is not miraculous, but its results are. Imagine when you have a certain set of symptoms, but do not know what they are. And when they are in imbalance, you're losing your well-being. But when you recover, it seems something "magical." However, the organism was just given what was needed.



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'Dancing with the Stars' Derek Hough brings his brand-new variety show on tour

"Derek Hough: Live! The Tour" will be coming to theaters all over the country



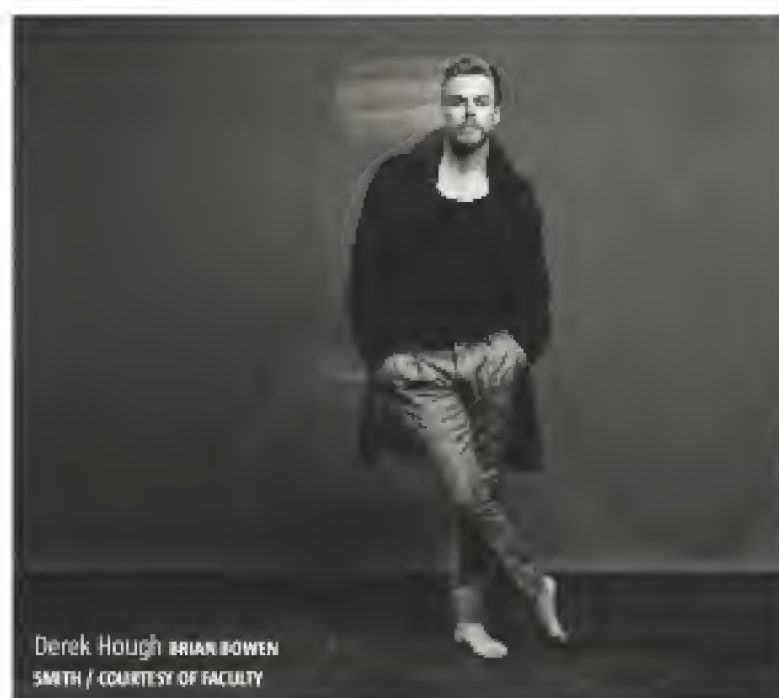
PAT KING
patrick.king@metro.us

As a dancer, choreographer, singer, showman, and television personality, it's hard to label Derek Hough as just one thing and have it truly do him justice. Your safest bet would probably be "performer." He and his sister Julianne Hough first came into the spotlight as performers and coaches on "Dancing with the Stars" and since then, he has performed in front of audiences all over the world. This spring, Hough will be bringing his brand-new variety show

"Derek Hough: Live! The Tour" to theaters all over the country. We spoke with Hough about blending live music with dance and which of his "DWTS" partners could actually hack it in the world of professional dance.

What can you tell us about your upcoming tour?

I'm very excited! It's my first solo tour, and it's also the first time I'm taking a live band with me on the road, so I'll have live musicians on stage performing that will be infused with the dancing. I think that was really important to me because when I go to concerts, you can't quite replicate that sound, live drums or a loud saxophone player or live guitar. It just gives it that live-concert feel, and also to the cast of



Derek Hough BRIAN BOWEN
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live dancers that I've chosen for the tour are truly world class. They truly are. I was sitting in rehearsal the other day watching them dance, and I was sitting there and I was like, "wow." These are really the strongest dancers I've had go on the road with me, so athletic, so talented, and some people you'll be able to recognize from previous seasons of "World of Dance." I pretty much just picked them straight off the show. So it's going to be great. What I love about

this show is that there's so many genres of music and dance from big band to musical theater to Latin dancing, ballroom dancing, contemporary, tap dancing, flamenco. It's going to have every genre of music and dance you can think of, so there'll be something for everyone.

Is staying in shape and taking care of your body something you need to pay attention to on tour?
Yeah, and also continuing from ice baths every night to eating the

right foods to the right vitamins and supplements for recovery. It's really like running a marathon each night and I'm hitting 59 cities, so it's a grueling but very fulfilling project. Another thing that I also need to be taking care of is my voice because I'm going to be singing a lot in this show as well, which is something I'm excited to do. I want to do some of [the songs from] my musical theater days with "Singing in the Rain." I even did a big band song with Michael Buble, and I reached out to him personally and asked him if I could use the original recording, the original brass section he did, to infuse that in, they could play along and they so they could sound big, and he sent them right over. He's such an amazing guy. ... It's a really collaborative and exciting show.

When you were on "Dancing with the Stars," do you think performing to the camera has made you a better performer?
Yeah, I think what really helped me on "Danc-

ing with the Stars" was choreographing so many routines. You know, this is true for non-dancers too, is that when you become a teacher, when you become a coach, you learn a lot yourself and how to craft a routine or craft choreography and you know, the time crunch of it all, getting something done in such a short amount of time. But I will say that for me performing live is my favorite thing. It's why I go on tour, there's nothing like that relationship between you and the audience on stage, that energy that goes back and forth, it's a beautiful thing.

Who is the celebrity who you think could have been a full-time dancer?

I think Luca [Baricchi] was great. Nicole Zinger was great. Even Kelly Pickler, she really surprised me. She has an amazing facility and a capacity for dance with her flexibility. But yeah, they were pretty sensational.

Make sure to grab tickets to see "Derek Hough: Live! The Tour" at the Bosch Center on April 23



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"It is fundamental to have the attitude of never giving up" **USAIN BOLT**

Metro chatted with the fastest man in the world and the most famous Jamaican of all time (except Bob Marley). **CHRISTIAN LENGUA MWN**



Is there a phrase that motivates you?

I always repeat that everything is possible. It is my way of life. That is the mantra that I have acquired over the years. Why? Because as a child I did not think that I would break so many records. Then I said to myself: 'Absolutely nothing is impossible'.

How does it feel to be the fastest man on Earth?

For me it is one of the most 'cool' things I have been able to achieve. It means that I am faster than anyone. I think it's one of the greatest titles you can have.

What race do you remember the most?

It is my first race in Jamaica, when I was 15 years old. Everything has started there. There were all my friends and family supporting me from the stands. It was also one of the toughest races that I have ever had.

How much has sports technology helped in your achievements?

Definitely a lot. Watching videos on YouTube, analysing my sprint data, and then converting it into improvement. I owe a lot to technology.

What qualities should an elite sprinter have?

In addition to the physical part, for me it is fundamental to have the attitude of never giving up. Athletics is one of the hardest

sports. For example, if you participate in a race in which you are not the favourite, you can still win. That has a lot to do with the mental part.

Does wearing the right shoes make a difference?

For me, yes. Every year, Puma helps me make shoes that are lighter, more durable. They make sure that I succeed. Every year we talk. I tell them: "You can change this, you can improve this." And they do it.

FACTS

Usain Bolt was born on August 21, 1986 in Sherwood Content, Jamaica.

- Won **nine gold medals in three Olympic Games** (Beijing 2008, London 2012 and Rio 2016) in 100, 200 and 4x100 meters. However, in 2017 the medal he won at the 2008 Beijing relay was withdrawn because of teammate doping.
- Bolt's **current world records** include 100 meters sprint (9.58 seconds) and 200 meters sprint (19.19 seconds).
- He achieved **11 golds in world championships**. And was chosen by the International Athletics Federation (IAAF) as the best athlete in the years 2008, 2009, 2011, 2012, 2013 and 2016.
- His last race was held in August 2017 at the World Athletics Championships in London. It was a 4x100m relay.

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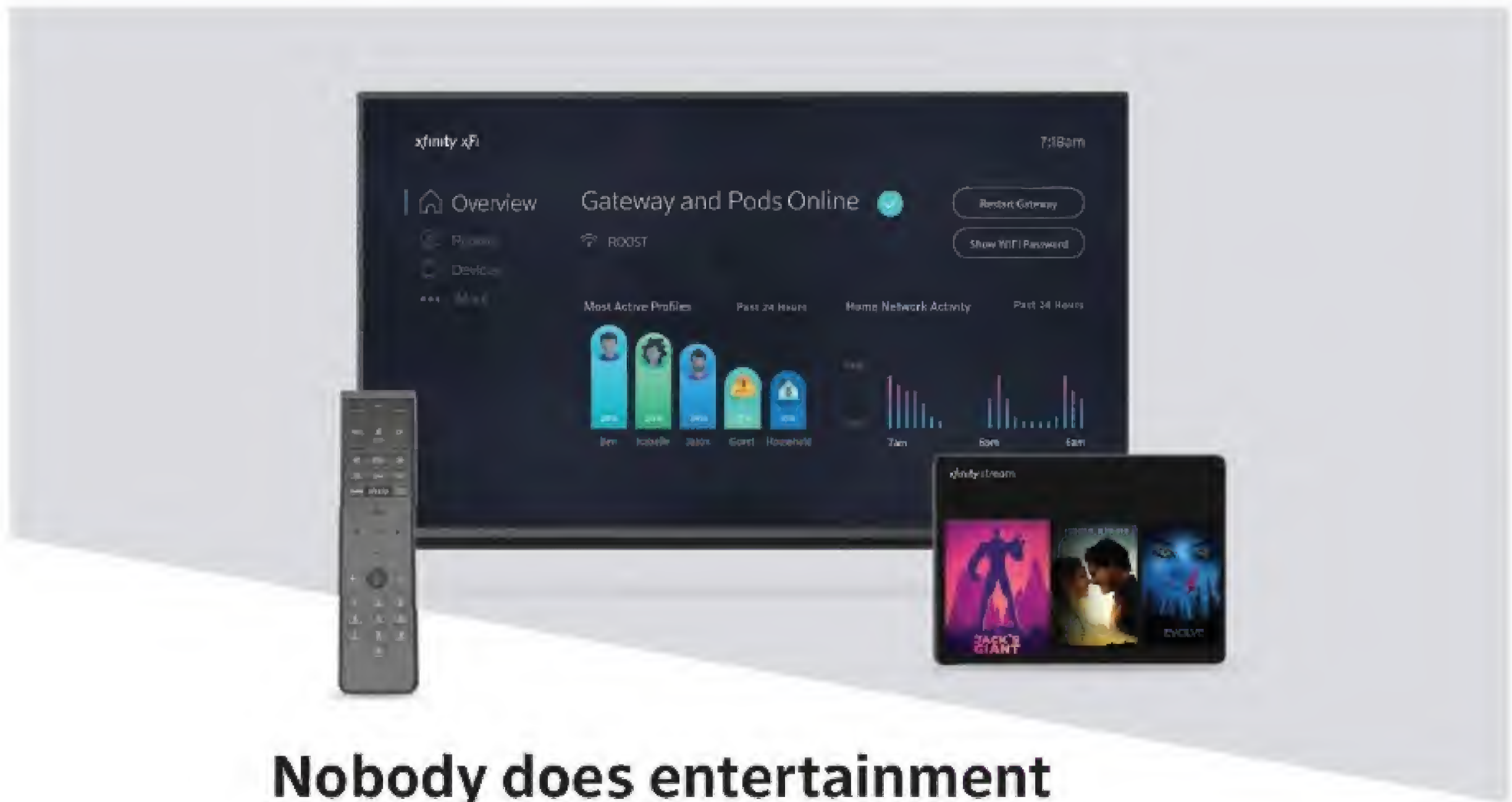
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Here is what a black hole looks like



The first photograph

On April 10, the first image of a black hole in history was released. It shows a bright ring formed as light bends in intense gravity around a black hole that is 6.5 billion times more massive than the sun, located at the heart of galaxy Messier 87, 55 million light years from Earth. The historic shot was taken by The Event Horizon Telescope, a planet-scale array of ground-based radio telescopes forged through international collaboration. **MWN**

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Sheperd S. Doeleman, the Event Horizon Telescope project director, stated.

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telescopes around the world were used to take this photograph.



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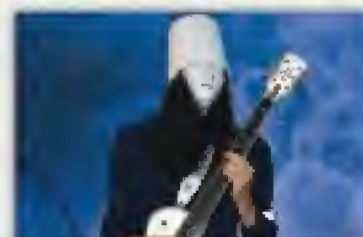
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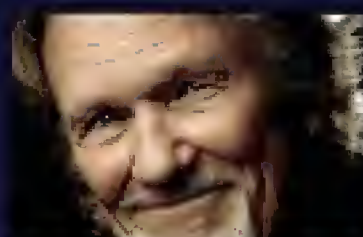
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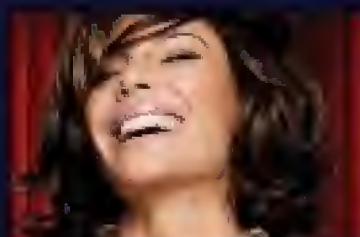
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38⁹⁸ Casamigos Blanco or Reposado Tequila, 750ml	17⁹⁸ Skyy Vodka, All Types 1.75 L	25⁹⁸ Absolut Vodka, All Types 1.75 L	18⁹⁸ Tito's Vodka 750ml	28⁹⁸ Grey Goose All Types 750ml	32⁹⁸ Bombay Sapphire Gin 1.75 L

22⁹⁸ Bud Light or Budweiser 30 Pack Cans	22⁹⁸ Coors Light or Banquet 30 Pack Cans	22⁹⁸ Miller Lite MGD or 64 30 Pack Cans	12⁹⁸ Genessee All Types 30 Pack Cans
14⁹⁸ Angry Orchard Cider, All Types 12 Pack	14⁹⁸ Corona All Types 12 Pack	14⁹⁸ Modelo Especial or Negra All Types 12 Pack	10⁹⁸ Seagram's Escapes All Types 12 Pack

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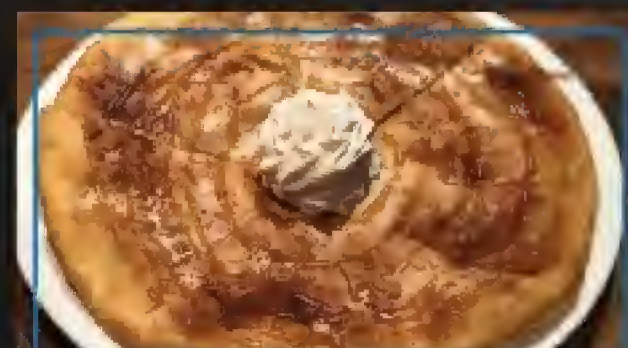
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OFF TO THE

On your mark, get set, go!

MATT JUUL
letters@metro.us

There's nothing quite like the pandemonium of Patriots' Day, Boston's biggest party of the year. From Hopkinton to Boylston Street in the Back Bay, hundreds of thousands of fans will line up along the 26.2 to cheer on all the amazing athletes taking part in the 2019 Boston Marathon. Ahead of the Marathon Monday festivities, here are some tips to finding the perfect spot to watch all of the action during this year's race.

HOPKINTON

As the home of the Boston Marathon's starting line, the quiet town of Hopkinton has become a must-see destination for some fans on Patriots' Day over the years. While the area can get crowded due to all the spectators - not to mention the thousands of athletes preparing for their long journey to the Hub - it's an amazing spot to catch the beginning of the action. Just make sure to get there early if you want to claim a spot near the starting line. This year's Marathon is set to kick off from Main Street with the men's wheelchair competitors at 9:02 a.m.

ASHLAND

If you're looking for a viewing location near the start of the race that isn't entirely overrun with fans, head to the town of Ashland. Just a couple miles into the Marathon, spectators won't

have to struggle too much in order to find a great spot to cheer from. One popular viewing spot is, of course, TJ's Food and Spirits (355 W Union St.), which has ample outdoor seating and lots of great food to munch on. Be sure to get there early to enjoy all the fun, as TJ's annual marathon party kicks off at 6 a.m.

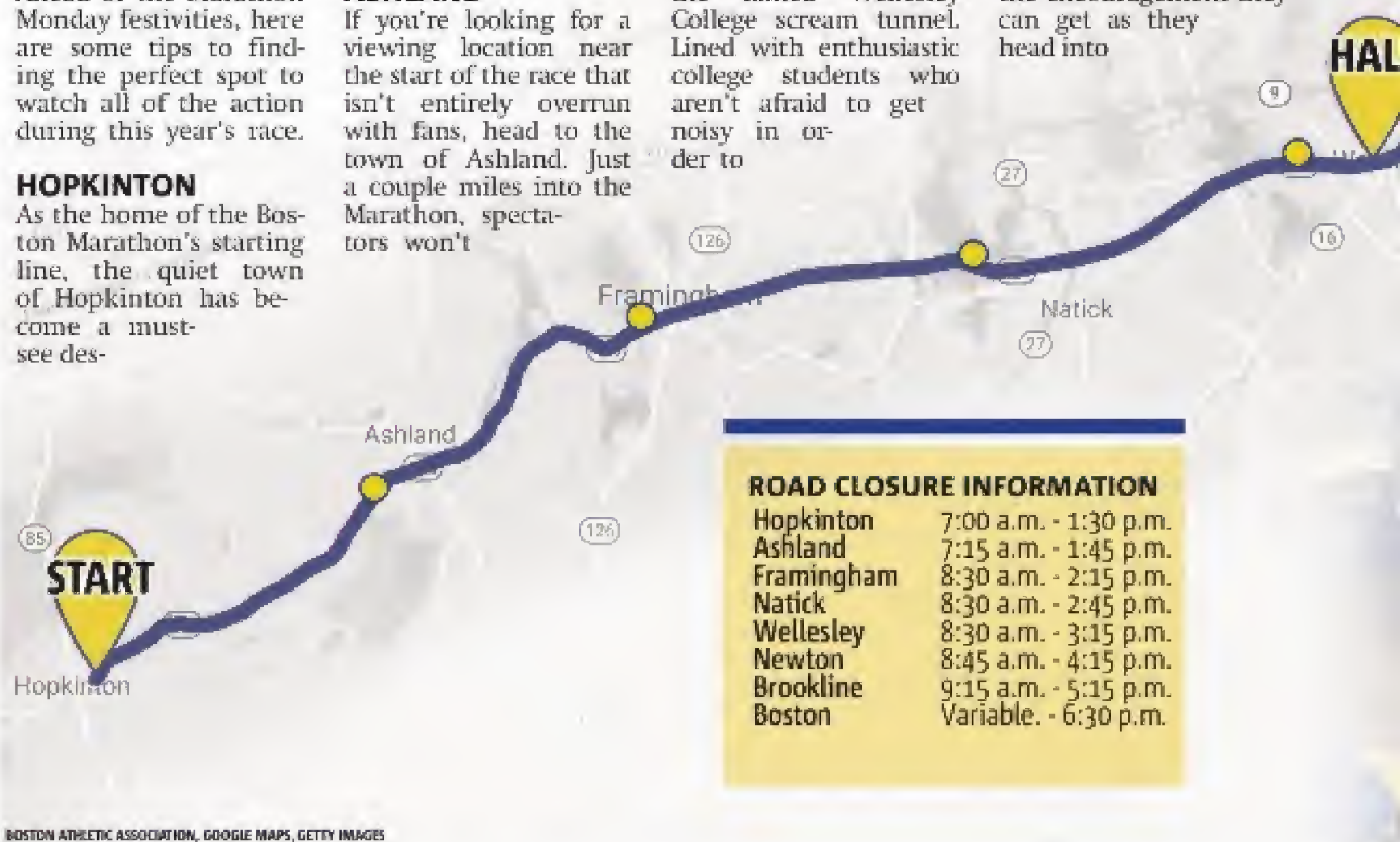
WELLESLEY

For fans who want to take the party up a few decibels, head to Wellesley. A little less than halfway through the race is the famed Wellesley College scream tunnel. Lined with enthusiastic college students who aren't afraid to get noisy in order to

show their support for the athletes, this section of the marathon is quite the experience. Just remember to bring earplugs.

HEARTBREAK HILL

The most grueling portion of the marathon is without a doubt the infamous Heartbreak Hill. Located about 20 miles into the course, the infamous half-mile incline has broken even the toughest of competitors over the years. The athletes who can muster up the strength to defeat this steep beast need all the encouragement they can get as they head into



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THE RACES

the home stretch, so set up shop along Heartbreak Hill and give them a boost with your cheers.

KENMORE SQUARE/BOYLSTON STREET

The final portion of the race is also the most popular area for fans.

Thanks to the Marathon and the annual Red Sox game, things get pretty busy around the Kenmore Square area on Patriots' Day. The crowds get even bigger as you head to the finish line on Boylston Street, so be sure to claim your

spot very early in the day if you want to cheer on the athletes as they complete their 26.2-mile trek. The final stretch of the Marathon also happens to have plenty of great bars and restaurants to watch the action from, including Eastern

Standard (528 Commonwealth Ave.), McGreevy's (911 Boylston St.), King's Dining and Entertainment (50 Dalton St.), and Whiskey's



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MARATHON MONDAY

from the Finish Line



Blood, sweat, and deals: Specials for marathon runners

If you're running this year's Boston Marathon, you can enjoy more than just the incredible satisfaction of crossing the finish line. You can also score some sweet discounts and deals—on everything from smoothies to spaghetti—at area businesses.

FOOD & DRINK

Anthem Kitchen and Bar

Runners (and their cheering squad) can chow down on unlimited spaghetti and meatballs for only \$26. April 14–15, 101 S Market St., anthem-boston.com

The Beehive

On Monday, the bohemian South End bistro

is hosting its sixth annual fundraiser to benefit the Gillian Reny Stepping Strong Center for Trauma Innovation. The event will feature live reggae music, small-batch craft beer from Start Line Brewing company, signature dishes from Executive Chef Phil Lewis, and a complimentary champagne toast. April 15, 3 p.m.–midnight, 541 Tremont St., beehiveboston.com

City Bar, City Table, and Sólás

Doing their part to help marathoners carb-load before the big day, all three Lenox Hotel restaurants are offering pasta specials, like gnocchi bolognese, linguine with pesto, and wild mushroom ravioli.

April 12–April 14, 61 Exeter St. at Boylston St., lenoxhotel.com

MET Back Bay

More carbs! MET's specials include spaghetti and meatballs, orecchiette with olive oil-poached duck, grilled trevisano, and pecorino, and mascarpone polenta with crispy mushrooms and asparagus. April 12–April 15, 5 p.m.–11 p.m., 279 Dartmouth St., metbackbay.com

MI O'Connor's

The marathon menu at the Westin Waterfront Hotel's bustling Irish pub features gnocchi, chicken broccoli pesto, and bucatini and meatballs. April 12–April 15, 425 Summer St., mjoconnors.com



Stephanie's on Newbury

One of the ultimate places to see and be seen on Newbury, Stephanie's is serving up an indulgent pasta-centric dinner menu: mascarpone polenta with spiced sausage ragu and escarole, spaghetti and meatballs, and rigatoni with prosciutto, asparagus, garlic, and parmesan cream. April 12–15, 5 p.m.–11 p.m., 190 Newbury St., stephanies-restaurantgroup.com

Thirst Juice Co.

As a nod to the race, runners receive a 26.2 percent discount on any juice or smoothie on Monday and Tuesday. Founder Heather Stevenson adds, "This year, Chris (my husband and co-founder) and I, as well as many of our customers, are running. We can't wait!" April 15 and 16, 44 School St., thirstjuiceco.com

SALONS & SPAS

Bella Santé

The spa is offering runners a 20 percent dis-

count on any massage. Now through May 15, 38 Newbury St., bellasante.com

G2O Spa & Salon

Runners enjoy 20% off a 60- or 90-minute Swedish, deep tissue or sports massage. Mondays–Fridays through April 30, 33 Exeter St., g2ospasalon.com

Viyada Thai Spa

Marathoners can loosen up with \$50 off any 60- or 90-minute massage therapy treatment.

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18 Dartmouth Street, Malden, MA - 781.322.6284



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Mondays–Fridays through April 30, 437 Boylston St. and 336 Newbury St., viyadathaispa.com

SPORTS & FITNESS

Equinox Dartmouth

On Tuesday, Equinox members receive complimentary compression therapy, myofascial release, and \$30 targeted CBD massages. All runners, including non-members, can also bring their bib or medal to Equinox's Body Lab race recovery lounge in The Revolution Hotel

from 10:30 a.m. to 2:30 p.m. for free massage, compression therapy, and myofascial release services, plus samples from Juice Press.

April 16, 131 Dartmouth St. (Equinox Dartmouth)/40 Berkeley St. (The Revolution Hotel), equinox.com

Tracksmith Trackhouse

On Friday, all registered runners can snag a free race pack with a limited-edition tote, Meter magazine, bandana, and other goodies. Post-race, on Tuesday, runners

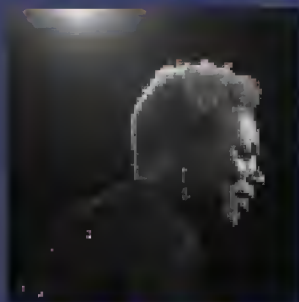
can have their finishing time hand-stamped on a custom-designed commemorative poster. Matt Taylor, Tracksmith founder and CEO, explains, "Boston is our hometown marathon and represents all that we hold dear: incredible amateur racing, a rich history, and a community spirit unlike anywhere else ... it's the one weekend we plan for all year."

Beginning April 12 at 9 a.m., 285 Newbury St., tracksmith.com
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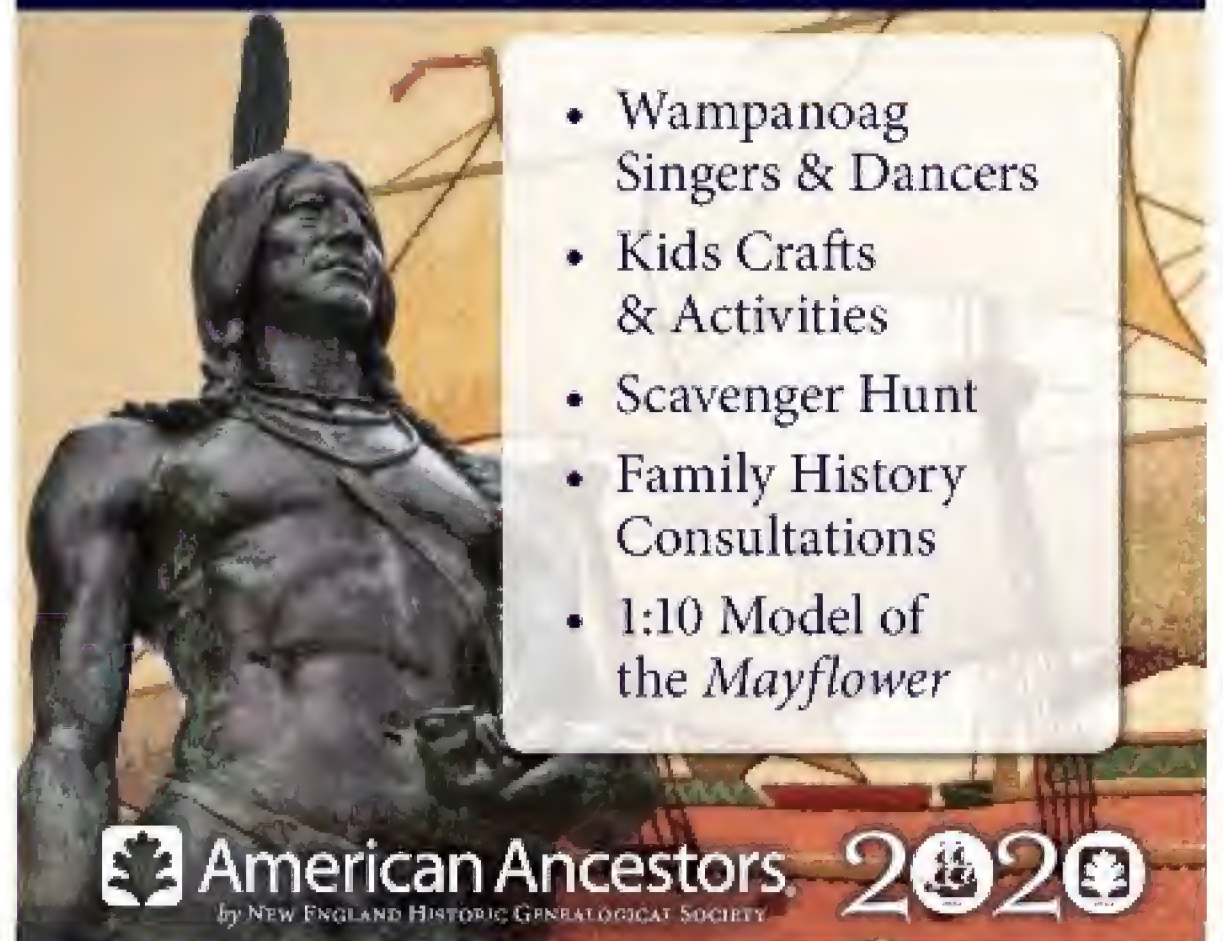
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	8	2			7			3
		3	8	4			2	
6	4	8					7	2
		5			8			
			6					5
8				5	4	3	1	
			7				6	
		4		6				

MEDIUM

4				1			3	
7	3		4			6		1
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	6	5						3
8	1		9		6			5
				8			7	
	8				3			
		1	7		8			
		2		4				

READER WRITE-INS:

LOOK WHERE YOU'RE WALKING

Riddle me this: What kind of moron crosses in the middle of the street and does not even look to see if a car is coming? I'll tell you, it's the type of moron who wants to get killed. Never in my life have I ever cross the street and not looked to see if her car was on coming. If you get dead, people, don't come crying to me.

— Angry Flowerchild, Metro US reader



ISTOCK

metro.us/horoscopes



Aries A change should be looked at carefully before you proceed. Be resourceful and get your facts straight before you engage in talks. Focus on what will bring you the most in return.



Taurus Make change happen. If there is something you want, go after it. You've got what it takes to reach your destination if you focus on what's important to you.



Gemini Take the initiative to do your own thing. It's nice to help others, but don't go overboard. Listen to others' needs, and respond with facts, truth and good intentions.



Cancer Use your emotional energy wisely. Understanding and patience will be necessary, and overreaction should be avoided. A partnership will be enriched by your response.



Leo Do something constructive. Getting involved in a costly joint venture isn't in your best interest. Moderate, responsible changes that will benefit you as well as those you care about are encouraged.



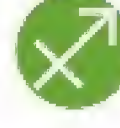
Virgo You'll accomplish plenty if you discuss your ideas with a loved one. Making long-term plans will give you something to look forward to. Romance should be a priority.



Libra Lend a helping hand, but do so for the right reason. Don't let anyone pressure you into something that will cause a problem at home or between you and a loved one.



Scorpio Spiritual awareness will lead to emotional gains. Express your thoughts and intentions, and let someone you care about know what you expect and what you have to offer.



Sagittarius Too much of anything will lead to trouble. If you stand back, listen and observe, you'll gain perspective regarding someone's intentions. Don't be fooled by a flatterer trying to butter you up.



Capricorn Your experience will help you recognize what you are up against and how to best handle things as they unfold. Stand tall and forge into the future with confidence.



Aquarius Keep busy doing things that will lead to a better you. Taking care of home improvements and adding to your qualifications will help you discover your true potential and uncover new possibilities.



Pisces Express your thoughts and feelings, and share your plans with someone you want to get to know better. Positive domestic changes can be made. Romance is highlighted. **BIGZMA LAST**

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What to know about marathon security and transportation

Officials have announced T station closures and a list of what not to bring to the race.



NATE HOMAN
letters@metro.us

The 123rd Boston Marathon is swiftly approaching, and while the race is a harbinger of a brighter season, it understandably comes with solemn memories and security concerns.

Law enforcement officials said that there are no credible threats against the marathon this year, but are nonetheless asking the public to be vigilant while celebrating.

Local FBI officials, the Massachusetts State Police, the Boston Police Department, the Massachusetts Emergency Management Agency, and the Boston Athletic Association met at the Fairmont Copley Hotel on April 3 to discuss security measures and operations procedure for the race.

"It's been six years since terrorists struck at the core of our city," FBI Special Agent Joseph Bonavolonta told NBC Boston. "And the worst thing we can do is become complacent or too comfortable. If you see something, say something."

Officials predict a crowd of about one million people will watch

the 26-mile haul. They are asking spectators to travel light and leave bikes, bags, coolers, backpacks, cans, bottles and other large items at home.

"It's been six years since terrorists struck at the core of our city ... the worst thing we can do is become complacent or too comfortable."

Joseph Bonavolonta,
FBI special agent

According to the AP, state police helicopters will keep an eye on events while surveillance cameras will be placed at strategic spots along the course. Hundreds of uniformed police and National Guard members will patrol the route, and an undisclosed number of plainclothes officers will mingle with fans.

The MBTA is offering a special \$15 Marathon Pass valid for all-day, unlimited travel on all Commuter Rail lines through all zones. This special \$15 Marathon Pass is available through April 15 on the mTicket app and from ticket offices at North, South, and Back Bay Stations.

In town, Copley Station will be closed for



There will be some changes to the MBTA on April 15 to accommodate the Boston Marathon.

WIKIMEDIA COMMONS

the entire day, according to information posted on the MBTA's website. Above-ground Green Line stops at South Street (B branch), Kent Street (C branch), and St. Mary's Street (C branch) will also be closed from 10 a.m. to 6 p.m.

Riders are encouraged to use Arlington Station serving all Green Line branches, Prudential Station for the Green Line E, Hynes Convention Center Station for the Green Line B, C, and D branches, and Back Bay Station on the Orange Line.

Preloaded \$5 roundtrip CharlieCards will be available for purchase by credit or debit card only from Transit Ambassadors at Alewife, Back Bay, Braintree,

Fenway, Quincy Adams, or Riverside Stations. Customers traveling around the city are encouraged to purchase a

\$12 1-Day Link pass valid for unlimited subway and bus travel. The Red, Orange, Blue, and Silver Lines will operate a reg-

ular weekday schedule with rush-hour levels of service before and after the race with no scheduled station closures.



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Raw, rainy race-day weather expected for 123rd Boston Marathon

The weather looks bleak for Marathon Monday.



NATE HOMAN
letters@metro.us

Runners, spectators, Patriot's Day party planners be warned: The extended forecast for Marathon Monday is rather bleak, recalling the same rainy, windy, gray and chilly weather experienced last year.

The National Weather Service is predicting a cloudy, rainy day with a high near 53, and a northeast wind around 10 mph. Experts anticipate a dreary 70 percent chance of rain.

Those hoping to cheer on the 30,000 runners should prepare for

raw, miserable weather and longer completion times. Runners should be weary of wet pavement, especially the painted portions, and other slippery conditions.

Other weather watchers warn of similar bleak conditions.

"As a storm moves toward the area next Monday, soggy conditions are in store for the Boston Marathon," AccuWeather Meteorologist Ryan Adamson said in a statement posted on their website.

"Guidance has been consistently pretty wretched for #Marathon Monday. Nearly identical to last year," WBZ meteorologist Eric Fisher tweeted. "On behalf of about 30k runners, we request you turn this

ship around, Mother Nature."

The Boston Athletic Association compiled a list of noteworthy weather conditions on past Marathon Mondays.

Rain: 2007, 2015, 2018 each had rain and strong winds gusting with temperatures in the mid-40s.

In 2002, a dense fog inundated race-day, severely reduced visibility, grounded helicopters, and limited televised coverage.

Snow: Runners told the tale of sleet and some snowflakes amid a dreary drizzle in 1907, 1908 and 1925. More significant snow squalls driven by winds 10 to 12 mph winds hit the track with a recorded temperature of 39 degrees. In 1967, snow squalls hawked the run-



The tough conditions made the 2018 Boston Marathon a bit difficult, but thousands of runners still raised money for charity. GETTY IMAGES

"As a storm moves toward the area next Monday, soggy conditions are in store for the Boston Marathon."

Ryan Adamson,
AccuWeather
meteorologist

ners through the first

five miles, and steely mix of rain and sleet dogged runners in the 1970 marathon.

Extreme heat or unseasonable warmth: The temperature was reported to have reached the 100-degrees mark in 1905, and hit 97 degrees in 1909. Temperature reaching 84 degrees in 1927, and the newly surfaced, uncured road melted under many a runners' shoes. Temperature rose to the

upper 80s again in 1927, 1952, 1958, 1987, 2004, and 2012. The 2004 marathon set the record for most number of heat-related illness.

Perhaps the most bizarre natural phenomenon took place during the 1939 race, when runners at the start of the race in Hopkinton were cloaked in a wicked unusual darkness caused by a northeast storm and a partial eclipse of the sun.

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Faculty Position in Tumor Immunology at Dartmouth



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The Department of Microbiology and Immunology and Norris Cotton Cancer Center (NCCC) at the Geisel School of Medicine at Dartmouth invite applications for a tenure-track faculty position to join our highly collaborative NCI-funded Immunology and Cancer Immunotherapy Program. Appointment is planned at the Assistant Professor rank, however exceptional candidates at more senior ranks may also be considered.

We seek an outstanding and collaborative individual to develop an innovative research program in Cancer Immunology. A generous start-up package and access to state-of-the-art research facilities will be provided. Existing research strengths at Dartmouth include checkpoint inhibitor therapy, CAR T cell therapy, cancer vaccines, T cell memory, and tumor microenvironment. NCCC, one of 49 NCI-designated Comprehensive Cancer Centers, offers a dynamic and interactive environment, with a commitment to research excellence commensurate with Dartmouth's status as an R1: Doctoral University - Highest Research Activity in the Carnegie Classification.

The successful candidate will have access to thriving multidisciplinary graduate programs through the Guarini School of Graduate and Advanced Studies (e.g., Program in Molecular and Cellular Biology, Program in Quantitative Biomedical Sciences, and the Program in Experimental & Molecular Medicine). In addition to NCCC, faculty members in the Microbiology & Immunology Department benefit from highly collaborative and collegial interactions across Dartmouth, inclusive of other departments at Geisel, the School of Arts & Sciences, and the Thayer School of Engineering. Candidates may also benefit from interactions with three current NIH Centers of Biomedical Research Excellence (COBREs), Dartmouth's supercomputing networks (e.g., Discovery), and Dartmouth's Clinical and Translational Science Institute (SYNERGY). Successful candidates are expected to develop a robust research program and excel in graduate student teaching.

Applicants for this position should possess a Ph.D., M.D., or M.D/Ph.D. degree, postdoctoral research experience, and a track record of research accomplishments in the field of tumor immunology. Independent grant funding is desirable, but not required at the level of Assistant Professor.

Application materials including a cover letter, curriculum vitae, representative publications, a statement of research interest (not to exceed 3 pages) and three letters of recommendation, should be uploaded to: <http://apply.interfolio.com/61454>. Application review will begin on April 1, 2019 and continue until the position is filled.

Dartmouth and the NCCC are located in the picturesque upper Connecticut river valley on the New Hampshire/Vermont Border, and is surrounded by a vibrant academic and professional community offering excellent schools, lively arts, and an unmatched quality of life, in a beautiful rural setting.

Dartmouth-Hitchcock Medical Center and the Geisel School of Medicine at Dartmouth are equal opportunity/affirmative action employers with a strong commitment to diversity and inclusion. We prohibit discrimination on the basis of race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, veteran status, marital status, or any other legally protected status. Applications by members of all underrepresented groups are strongly encouraged.

'Life-threatening' blizzard bears down on north-central US

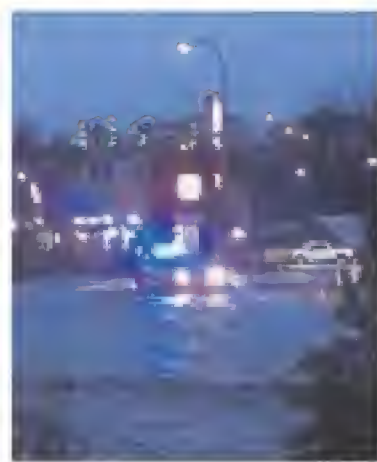
As much as 30 inches of snow is projected.

A powerful April blizzard threatened the north-central part of the United States on Wednesday, as it pushed east across the Rockies and into the Plains states, raising the threat of more flooding in areas still recovering from a deluge last month.

Warm spring temperatures will give way to heavy snow, gale-force winds and life-threatening conditions across a swath of the central United States running from Colorado to Minnesota over the next two days, the National Weather Service said.

"This is potentially a life-threatening storm," said Patrick Burke, a meteorologist with the NWS Weather Prediction Center in Maryland.

In March, a late-winter "bomb cyclone" triggered heavy rainfall over the region and combined with



REUTERS

melting snow to cause extensive flooding along the Missouri River and its tributaries. The deluge resulted in more than \$3 billion in damage to property and crops in Nebraska and Iowa alone.

This week's storm is bringing huge swings in air temperature to Colorado. Temperatures in the state capital of Denver reached 85 degrees on Tuesday, but dropped down to 35 on Wednesday and were expected to be 21 by nighttime, forecasters said.

The slow-moving storm

is set to bring heavy, wet snow across the region. Residents could expect downed trees, widespread power outages and road closures, Burke said. Driving is likely to be treacherous, he said.

Some areas of western Minnesota and southeast South Dakota could see as much as 30 inches of snow.

South Dakota Gov. Kristi Noem on Wednesday closed state government offices in 52 counties under a blizzard warning, according to a statement from her office. Residents were urged to stay home and avoid travel unless necessary.

Two factors may limit the flooding, forecasters said. The ground has thawed in most areas since last month, allowing for better absorption than during the aftermath of the March storm. In addition, precipitation this time is expected to be in the form of snow rather than rain, slowing the runoff process. **REUTERS**

Man charged with shining laser at Patriots QB Tom Brady

A citation has been issued against a Missouri man accused of flashing a laser at New England quarterback Tom Brady during the Patriots' AFC championship game victory over the Kansas City Chiefs.

Prosecutors said Tuesday that 64-year-old Dwyan Morgan, of Lee's Summit, faces a single count of disturbing the peace, a municipal violation.

Television stations posted footage after the game showing a green light flashing on Brady late in the Patriots' 37-31 overtime victory on Jan. 20. Prosecutors say Brady was unaware of the laser.

Laser pointers are banned at most sporting events because of the potential for distraction and safety reasons. The light can damage the retina after even a short period of time.

Morgan doesn't have a publicly listed phone number and couldn't be reached by the Associated Press for comment. **ASSOCIATED PRESS**



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TRAVEL



ALL PHOTOS LINDSAY WURM

The Brazilian Court Hotel: old-Florida charm meets Palm Beach luxury

Old Florida charm meets Palm Beach luxury at The Brazilian Court Hotel, a four-star boutique property.

Perfect for a lovers' escape or even an intimate destination wedding, the hotel's ambiance drips with secret-garden-style romance. Think light Zen-like music playing in the background, mixed with the sounds of bubbling fountains throughout the meandering courtyards. It's a favorite hidden locale for celebrities because of the multiple entrances and discreet exits.

Wander through intricate courtyards, grand archways and immaculate grounds covered with tropical foliage and fragrant plants. It'll feel as if you're staying in a Palm Beach mansion, opposed to a crowded resort.

Relax on one of the elegant white chaise lounges and catch some rays in the garden. It's the ideal locale to sip a glass of rosé, dive into a good book, and spend a lazy day by the pool.

This Florida hotel, intimate and boutique, has a selection of 80 elegant rooms, including studios, one-, two- and three-bedroom suites. Appointed with lavish fabrics and mahogany millwork, rooms feature luxurious yet homey decor. And one of the best parts about this property – the hotel welcomes pampered pooches.

After a dip in the cool waters of the pool or the nearby ocean, get a full blow out and makeup application at the on-site Frédéric Fekkai Salon and Spa, offering a full range of luxury spa services. Many of the salon's top talents divide their time between New York and Palm Beach, servicing clientele in both locales. Salon and spa services include haircut and styling, coloring, manicure, pedicure, make-up application, massage, waxing, select spa treatments and select poolside and in-room beauty services.

When it's time for lunch, brunch or dinner, look to celebrity chef



Daniel Boulud's French-American restaurant located inside The Brazilian Court Hotel. One of Palm Beach's most highly acclaimed restaurants, Café Boulud's menu parallels that of an elite French bistro or popular New York eatery, with a touch of South Florida flair. Visit the lounge for cocktails, such as the white cosmopolitan (rumor has it that these

are Michael Jordan's favorite) before dinner and ask to sit on the outdoor terrace, overlooking the lushly landscaped courtyard.

The hotel is conveniently situated within walking distance of both the beach and the highly coveted shops along Worth Avenue. Shop high-end brands like Tiffany & Co., Chanel and Louis Vuitton.

You'll also find local boutiques like Island Company, which exudes the ultimate coastal lifestyle with its colorful linen beachwear, whimsical accessories, delicious-smelling candles (even their custom-branded sunscreen smells good!) and vintage sunglasses. Shimmy up to the bar inside the store and enjoy a rum cocktail before you shop. A bonus:

Island Company, as well as many of the shops on Worth Avenue, are also pet-friendly.

When you go...
The Brazilian Court Hotel is located at 301 Australian Avenue, Palm Beach, FL 33480. For more information and to book your reservation call 561-655-7740 or visit TheBrazilianCourt.com. KARA FRANKER


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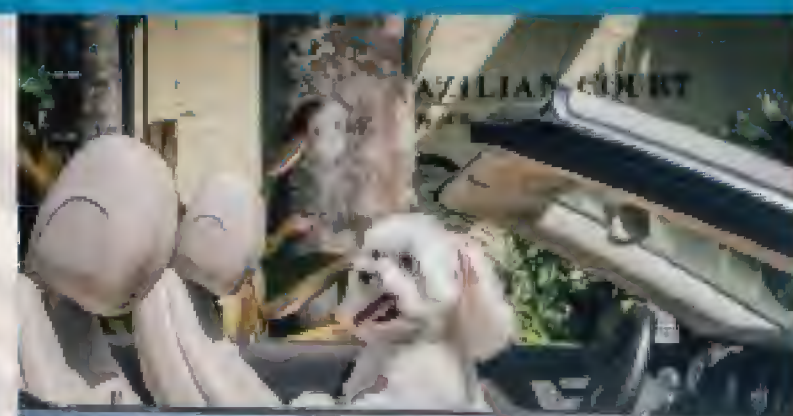
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DANIEL CASILLAS | METRO WORLD NEWS
PHOTOS: PROVIDED

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JACQUARD LEVI'S

This stylish jacket was developed by Jacquard and Levi's. It allows the user to receive calls, navigate with GPS, listen to music and receive notifications.



POWEARIN 2.0

PowearIN 2.0 is ideal for travel lovers, as it has 40 functions, including RFID-blocking to prevent ID theft, wireless charger for smart phones and headphones. There is even an eye mask attached inside the hood.



SDJ

This jacket looks like it was made for characters of "Back to the Future." It dries itself with a mechanism driven by a pair of hidden blowers on the sides that pump air through the exhaust grilles near the neck.



DEVACCI

It is an electronic heated hoodie which provides heat, warmth and comfort for those who love cycling and other outdoor activities. Devacci is also water-resistant, which is perfect for rainy seasons. It can heat up to 55 degrees, controlled by a power button that has been designed as the brand logo located on the left chest.



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The backward marathoner

Meet the man who raised money for epilepsy by running Boston in reverse.



MATT BURKE
matt.burke@metro.us

Witnessing a loved one suffer a seizure is one of the more heartbreaking experiences you can have in life. No matter how much you want to help as a mom, dad, brother, sister, child or friend you're typically rendered useless for 1-3 minutes that can feel like 1-3 hours.

Most families unfortunately do have to deal with seizures, as one in every 26 Americans will develop epilepsy in their lifetime. Epilepsy is not only dangerous for the individual suffering from the seizures, but it can also tear families apart on multiple levels.

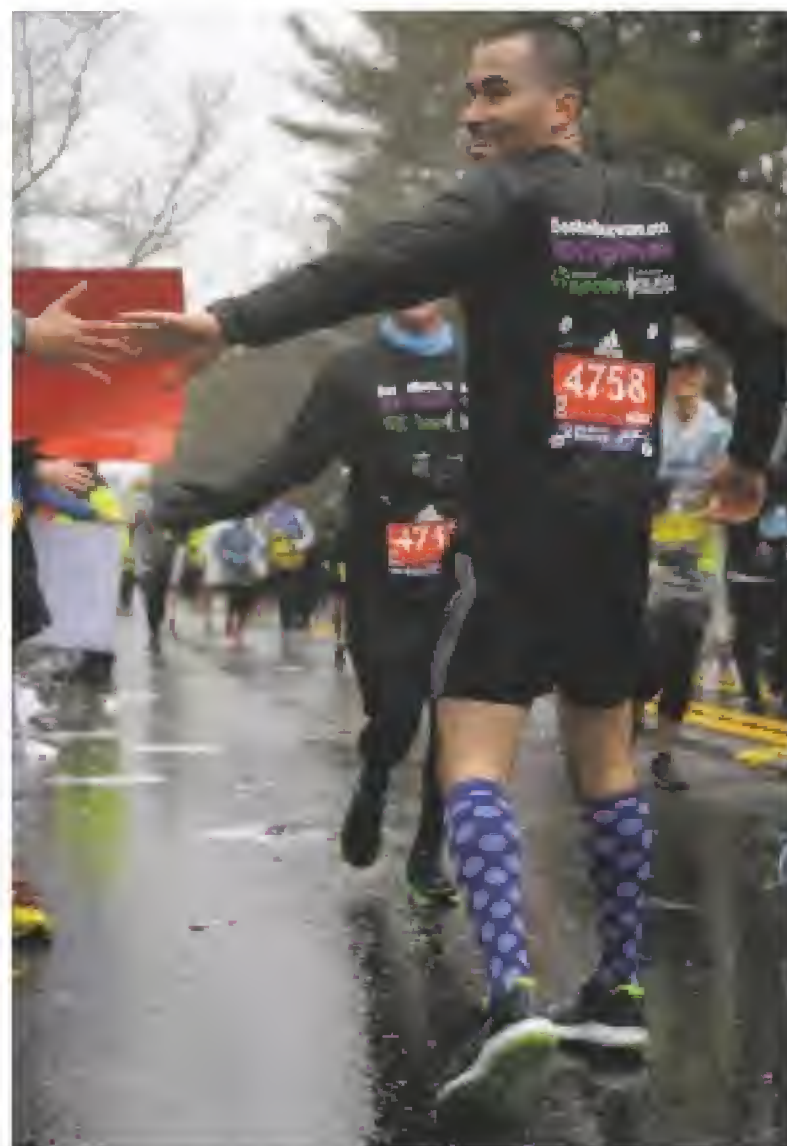
Before 34-year-old runner Loren Zitomersky was born, his father Steve Sitomer had to watch his 5-year-old son Brian suffer through epileptic seizures. Brian was placed on medication, but when he was 7-years-old a doctor took him off the meds, attempting to see if Brian was cured.

"It was 1977, so times were different back then," Zitomersky told Metro Boston. "Brian's doctor took him off his medication over the course of maybe two weeks. Nowadays it would be over the course of six months. It would be a much longer period. So it was two weeks. It was very quick."

"My dad and his ex-wife were on a trip in Washington, D.C. and Brian went into something called status epilepticus, which was basically nonstop seizures in his sleep. As a result, he passed away."

The death of his young son sent Steve into an emotional tailspin, needless to say.

"It was a really dark time for my dad and his ex-wife," Zitomersky said. "I think it ultimately led to the break-up of their marriage. I think my dad was really lost for a couple of years there."



Loren Zitomersky ran Boston backwards in 2018.

LOREN ZITOMERSKY

Gradual healing

Zitomersky is cognizant to the likelihood that he himself never would have been born had it not been for the tragedy of Brian's death.

"My brother's death led to the break-up with his first wife, and my dad ended up meeting my mom and having three children, including myself," Zitomersky, whose middle name is Brian, said. "In a weird way, something positive did come out of that time period I guess."

When Zitomersky was 12, his father Steve approached him about doing a near 400 mile overnight bike ride from San Francisco to Los Angeles to raise money for the Epilepsy Foundation. And since then, the past 22 years, Zitomersky and his father have done something every year to raise money for epilepsy research.

This fundraising finally culminated last year, with Zitomersky running the 122nd edition of the Boston Marathon.

Backward thinking

At its core, "raising awareness" means stand-

ing out from the crowd. You see all kinds of funky outfits in the Boston Marathon each year as runners raise awareness for various diseases and efforts.

"I thought about what I could do on that stage, the Boston Marathon — the preeminent Marathon in the world — to stand out and raise money for epilepsy," Zitomersky said. "I thought running backwards would certainly do that. So I started training out small, running backwards for small stretches to see if I could actually do it."

"I ran into a tree a couple of times. I fell a few times. I had to go to the hospital once. I sprained my foot," Zitomersky, who qualified for the marathon running forward, said. "I don't really think the body is made to run backwards. There were just a lot of weird injuries I got that I didn't get from running forward. My feet were probably the most affected. I could never really figure out the best running shoes. It's just not natural and it really tore my body up, especially early on in the training. My calves were just ready to explode. My neck would hurt just because I would constantly have to look behind me."

Zitomersky does say that there are some physi-

cal benefits to running backward, but that people should probably avoid long distance running while going in reverse.

"There was this Swiss study that said you use about 30 percent more energy running backward than forward, which seemed right because I would get exhausted much quicker. I was eating a lot more than my normal marathon training. It takes a bigger toll on the body. I know a lot of crossfit athletes and professional athletes do drills backward — it's usually a lot of sprints, not long distance."

Shooting for the world record

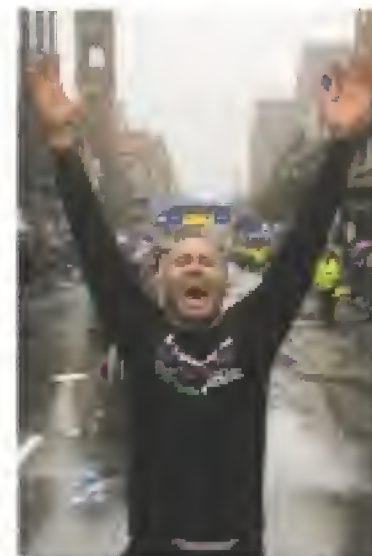
Zitomersky's goal was to break the world record for running a marathon backwards last year but he — and everyone else running — encountered some traditional early spring New England weather in the form of near freezing rain and incredibly gusty winds. The 2018 race went down as one of the worst runs, weather-wise, in the history of the event.

"I was so happy to be done," Zitomersky said. "I was so cold. My hands were so swollen. It was the longest day of my life. It was the worst day of my life but the best day of my life all at the same time, if that makes sense."

Zitomersky did not break the world record. In fact he started slowing down midway through the race because the conditions were getting dangerous for regular runners, let alone ones who were going backwards.

His most memorable moment during the journey from Hopkinton to downtown Boston came about midway through when a blind runner came up beside him.

"I had a team with me to create a buffer because it's such a congested race. I didn't want to run into anybody," Zitomersky said. "They could kind of help direct me. There are some blind runners in the marathon too, and generally they have a guide as well. So there was one blind runner and his guide said to him, 'Hey, there's backward runner over here.' And the blind guy says



LOREN ZITOMERSKY

really loud, 'A backward runner?! That's crazy ... How can he see where he's going?'

"Everyone in the area had a really good laugh with that one."

Crossing the finish line

Despite the elements, Zitomersky made it the

entire 26.2 miles running backward. He finished with a time of 5 hours, 43 minutes.

"Coming down to the finish line at the Boston Marathon is just so cool," Zitomersky said. "Even with the conditions, there were a ton of people cheering you on. There was a lot of emotion crossing the finish line because I was doing it for my brother and other people out there who have epilepsy."

"My dad told me that Brian was very smart for his age, and just a great kid," Zitomersky said. "It was a very difficult loss. But as I said before good things can come from the bad. Raising money and awareness definitely helps."

To donate to the Epilepsy Foundation New England go to EpilepsyNewEngland.org/donations-center

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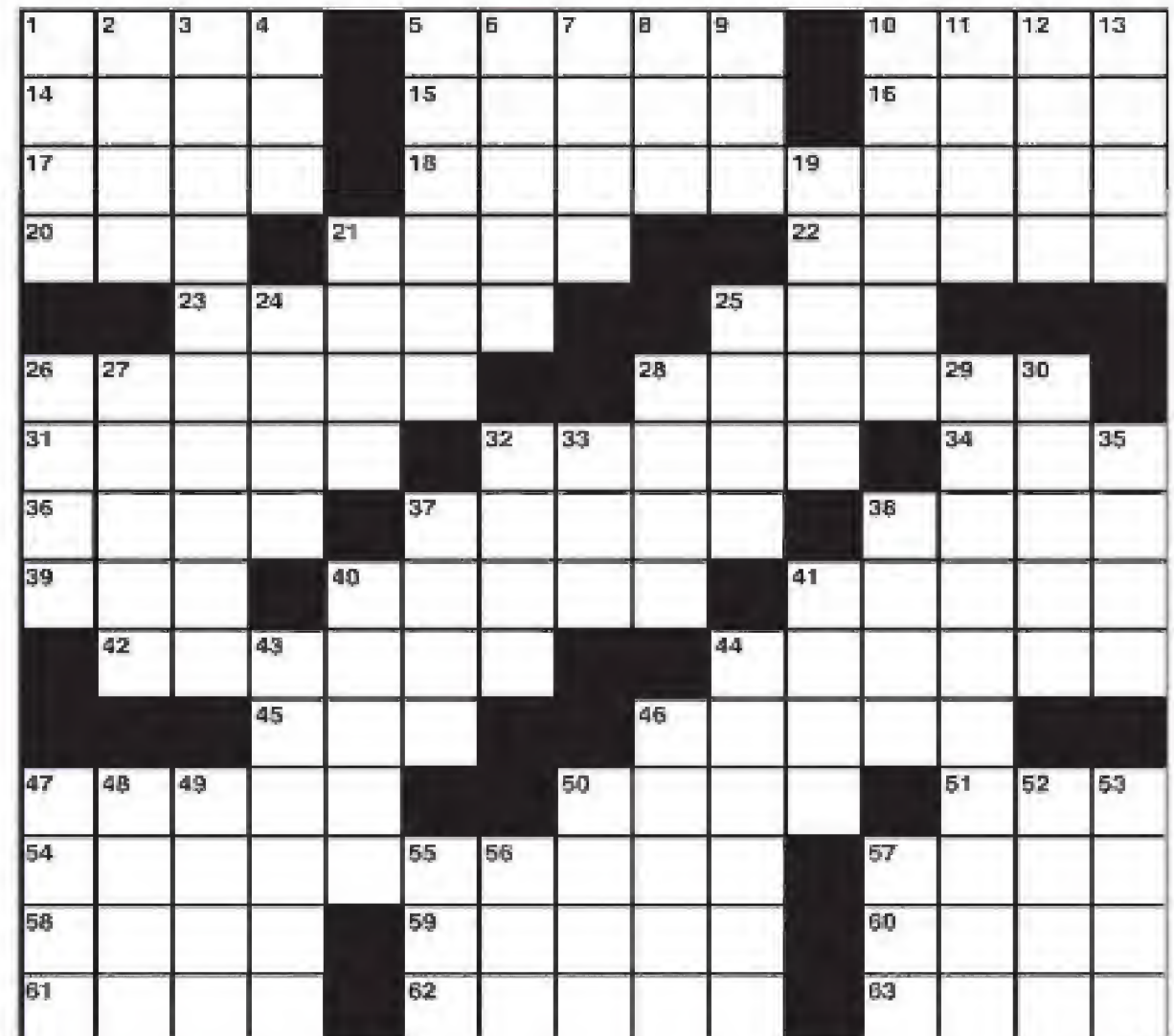
1 Airhead
5 Greek letter
10 Reverberate
14 Items in a rowboat
15 ___ Peace Prize
16 No-___; absentee
17 Small slip of paper
18 Compliance; obedience
20 Source of light & heat
21 Hounds & hamsters
22 Breaks into another's PC
23 Fabric
25 Rogers or Clark
26 Bed linens
28 Largest city in Poland
31 Desert refuge
32 Earn; deserve
34 Tart
36 Complain childishly
37 Moored
38 Nimble
39 Gobbled up
40 Expand
41 Shopper's binge
42 Flee
44 Horses

45 Want ___; newspaper section
46 ___ away; amazed
47 Long look
50 Snare
51 Ref.'s decision
54 Freedom
57 Benevolent
58 Circle portions
59 Send in payment
60 Frosted
61 Mrs. Truman
62 ___ over; faints
63 Kitten cries

DOWN

1 MDs, familiarly
2 Pearl Harbor's location
3 Beatrice, Eugenie & Charlotte
4 Suffix for cool or calm
5 Beginnings
6 Canker sore site
7 Declines
8 Jewel
9 Actress MacGraw
10 Grade school compositions
11 Stylish
12 Captain in "Peter Pan"

13 ___ up; admits guilt
19 Under five feet
21 Cookware items
24 Flowery rings
25 Bug spray
26 Davenport
27 Terre ___, IN
28 Songbird
29 Trainee
30 Did an electrician's job
32 Apple pie à la ___
33 Woolly animal
35 Facial features
37 Hot ___; role on "M*A*S*H"
38 Gush forth
40 One who gets his feet wet
41 Discontinue
43 Hug
44 Inclines
46 Cook on a grill
47 Piece of concrete
48 Grow weary
49 Basics
50 Magazine title
52 Recognized
53 At ___; arguing
55 Noah's craft
56 Golf ball holder
57 One of the Kardashians



BY TCA

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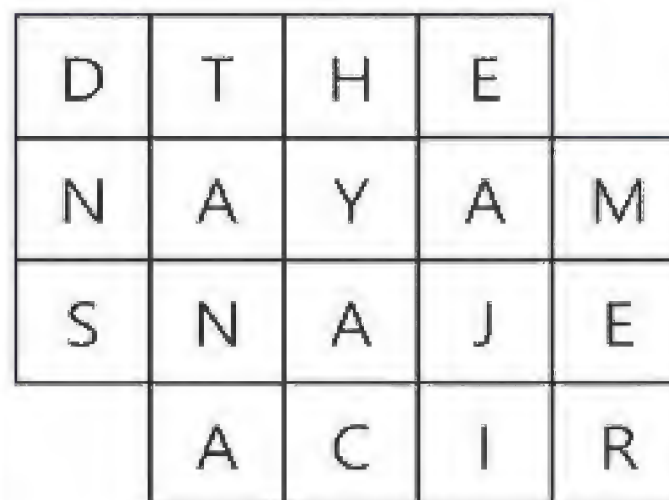


Bunny
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Dog
Ferret
Fish

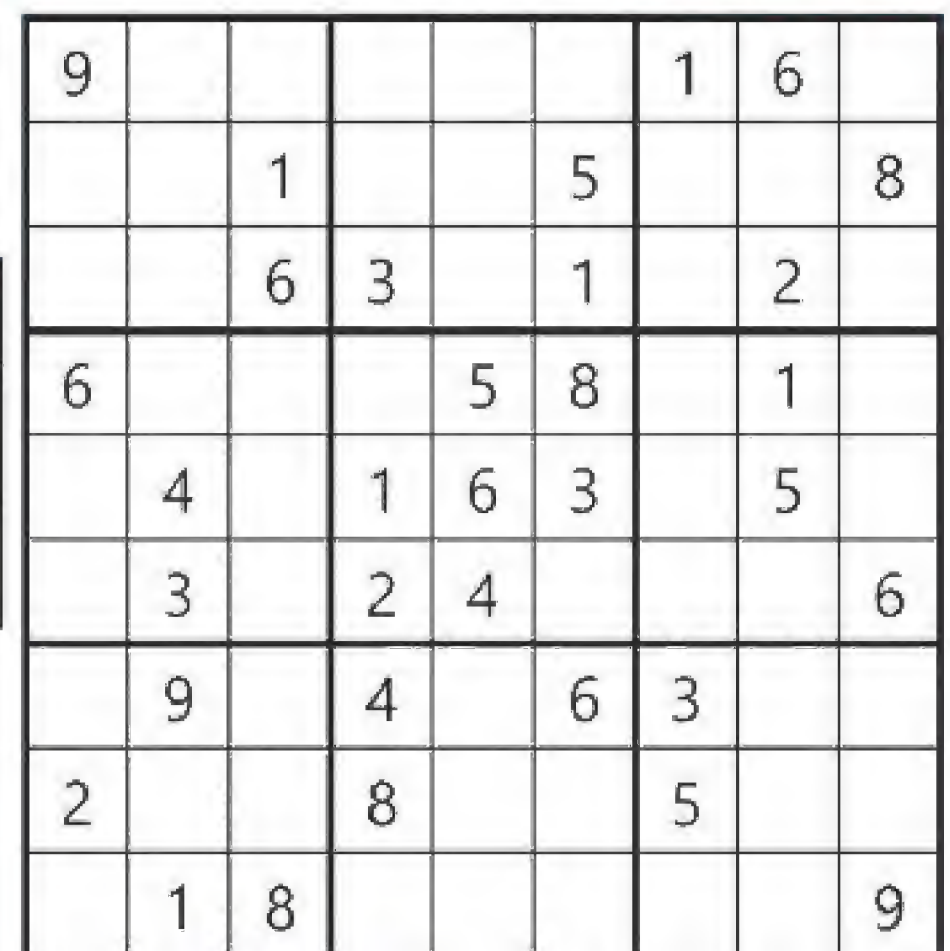
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